



E-Newsletter

NOVEMBER 2013

PRMC MATERIAL SPOTLIGHT

Parent Self-Assessment:
Role Modeling



Contact PRMC to request copies:
Phone: 701-382-8919
Email: ndprmc@nd.gov

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For more resources
related to alcohol,
click [here](#)!



ALCOHOL Underage Drinking

Youth are getting alcohol from those around them.



1 in 3 (34%) HIGH SCHOOL drinkers said
the alcohol they drank in the past 30 days was
given to them by another person.

(YRBS, 2011)

In North Dakota, it is **ILLEGAL**
to provide alcohol to **ANYONE**
under the age of 21.

(NDCCS-01)

97% of North Dakotans
SUPPORT penalties for adults
who provide alcohol to youth.
(CRS, 2008)



Teach a child to ride a bike, fish, swim or drive...
BUT teaching them to "drink responsibly" or
adult-supervised drinking *increases* the likelihood
that a child will engage in future harmful use.

(Journal of Studies on Alcohol and Drugs, 2011)

For more ND data related to underage drinking,
browse the [Substance Use in ND Data Booklet](#).





Healthy Role-Modeling this Holiday Season

The holiday season is upon us! This is a time to spend with friends and family, enjoy festive meals, and continue traditions. However, when alcohol becomes the center of celebrations, it may be sending the wrong message to our children.

Avoid giving your child sips of alcohol or asking them to grab you a beer from the fridge. By avoiding these behaviors, you reinforce your message that alcohol is not for children and is dangerous for growing bodies.

Complete the [Parent Self-Assessment](#) above to take a closer look at how you model alcohol use.



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